

Robert A. Monroe Interview

1980 - Gateway Radio #3 with Mark Certo

(Transcript)

NOTE: This is a raw transcript – it is exactly as created by otter.ai.

Speaker 1 00:00

technologies. The Gateway radio program is brought to you by the Monroe Institute, a research and educational organization dedicated to the exploration of conscious awareness. Here now is your host of the gateway radio program Mark startups.

Mark Certo 00:18

Hello, everyone and welcome to a special edition of the gateway radio program. I'm Mark surdo. What you're about to hear really means great deal to me because it was recorded several years ago in 1990, when my friend Robert Monroe and I were sitting around having one of our many philosophical conversations. If you don't know who Robert Monroe was, he was the founder of the Monroe Institute, and he authored several books on his explorations in the out of body state. In order to truly appreciate this interview, I want to share with you just a little insight as to who this man was, and is to me by a series of what I now refer to as well planned accidents, I moved to central Virginia with my new family in 1984. And in 1988, I opened my recording studio. After a session I was checking my answering machine and I heard a very short message that said, Call Bob Monroe along with a number. So I did. And he asked me a very elementary question about recording to try and ascertain my ability over the phone that I obviously answered to his satisfaction because he suggested we meet for lunch. During the course of that lunch, I began to ask him questions about the work being done at the Monroe Institute. And in his unique style, he answered my questions rather mysteriously frequently answering with a question, and never quite giving a direct answer. That was Bob's way of feeling you out to kind of get a sense of what your beliefs were so that he wouldn't intrude on them with an answer that you might not like. I think that I really liked that. So I took a position as a recording engineer for the Monroe Institute. And it was to be one of the most definitive stepping stones in my life. Over the course of many years, Bob and I became much more friends than the employer employee, we spent many hours just kind of waxing philosophic, and dreaming about new ideas for tapes and different ways of using Hemi sync to help people. The one of the things that we discussed was the possibility of creating radio programs that might inform and enlightened people, the product of which you may have by now guessed is the gateway radio program. Unfortunately, Bob Monroe left us before this could happen. So in a special dedication to what would have been his 82nd birthday in October of this year, I want to present to you a very candid and warm interview that I managed to glean out of him The following is a recording that was made out of a conversation that happened between Bob Monroe and myself in the spring of 1990. It's unlike any other interview that he had ever given in its contents. And he had given quite a few radio interviews in the past. And if you've ever heard them, you'll kind of get an idea of what

I mean. I hope you enjoy it. And without further ado, here is Robert Monroe. Okay, well, you can't say that I didn't warn you. Because this isn't going to be like the questions everybody else asks, if you would a lot of people don't know that you is how you made the transition from radio mogul to being at the forefront of Western consciousness exploration. Tell me how it was that you actually decided to start the Monroe Institute?

Bob Monroe 03:02

Well, let me clarify something immediately, so that you can understand what the institute is and how it got here. First of all, all the way back in 1956, my company had been in broadcasting in the production of Radio TV programs, and we were just moving over into TV, which would be a natural thing for a production company to do. And suddenly, we found out that what we were doing is the same thing all over again, but putting a picture to it. And after some 10 years of one thing, and just adding a picture to it. It didn't seem to be very exciting, kind of boring yet. So we began to look for something else. And one of the things that we did at that time is set up an r&d program utilizing sound, which is something that we knew much about and professionally and ever, every other way to, in turn, help people learn things during sleep. Now, the learning things during sleep was something that I guess was important to me at the time, because it seemed to me a way to use sleep constructively as against simply lolling all over the place. Anyway, so we set up a research program and I was one of the key figures in that research program as a subject I was the first figure. This is most interesting and it all relates to where we are now. In that the first thing we had to do is have a means to get people to sleep. And so we developed even then back in 56 and 57 by the use of sound, a means whereby we could help people get into sleep and it created what we now call a frequency following response and the brainwave activity. This is where I begin but I as the key subject you went through all these tests. So perhaps 150 times. But the interesting part is that in this pattern of learning or attempting to learn going to sleep and learning, AI being the key subject is generally the consensus now that that was the causative factor that engendered my first out of body state, because I went through all of these. And we were using a vibrational pattern in turn, to induce sleep just as we do now. But we were playing around with a lot of different types of frequencies at that time, and I was a subject. And so I began to experience this vibrational state, which in turn, led to the out of body state one night when I was waiting for this vibration to stop so I could go to sleep. And I started to thinking about the next day, which would be a Saturday and I was going to be out flying gliders and how nice I was going to be, and the emotional factors of lifting in search of a thermal and how nice that I felt it was going to be the next day. That's when I felt myself bouncing against the ceiling. And that's how the first out of body started. How that relates. Now, would you believe that some 35 years later, we finally discovered what we really are. And what we really been doing that is, and what is that we have been setting up stages of sleep and people all these years, to help him for the purpose of helping helping them achieve and understand other states of consciousness, but they are indeed, in various stages of sleep. In other words, they're conscious. While I see. And that leads to another factor that is at the institute today is not just one man, I'm just one small part of the process. Through those 35 years, beginning in 1958, various types of people got involved because there was no scientific base to try and determine what an out of body is, or was. But the most important thing is that all through these intervening years up to now, and there have been hundreds, literally hundreds of people from all disciplines participating in to make making the institute what it is now. And these are engineers, a lot of engineers, physicists, psychologists by the ton

psychiatrists, MDS, professors in various colleges and universities, and a few nice businessmen as it were. And enough accountants, they're important.

Mark Certo 07:48

Your initial experiences were chronicled in your first book *Journeys Out of the Body*, considering the life that you were living at the time, how did you find the courage to write such a book about these experiences? I mean, didn't you think it would kind of get in the way in some way jeopardize your business life

Bob Monroe 08:04

Journeys Out of the Body, I think, was published in 1971, I believe. And so this had been about 12 years of this. And bear in mind that we started this R&D program to find out about this and, and it was subsidized by my own private company, it was there as an R&D Division of my company, or those many years. And we had, because of that influx of understood people had begun to get attention in let's say, the underground of parapsychology and metaphysical all this kind of thing. And the word seeped out. So in the, in the 60s, I was very loath to even be public about Biggie, because you're I was operating, what would it be at that time? I was operating two different companies with stockholders in them who I thought would take a very dim view. So it was very covert this whole lab operation and on a in a, in a separate company that I didn't have to answer to the stockholders in this respect. So when in 1971, the book was published, I was very loath to do so. And I would not have done so. Except for the fact that no one I thought in my business world knew anything about this. And I took the courage to test it. I got a number of invitations to speak on the West Coast. And I finally agreed to do this, thinking, Oh, well, I'll take a chance. And so I appeared. I think it was UCLA in front of some 12 1400 people and gave a talk. And when I came back the next week, sure enough, and no one in the whole business community never didn't even hear it didn't know about it, and it went broke. So I did about three or four other talks simply because in the net first surfaced into my business world. So I felt pretty bullish in the sense that oh sure I can produce a book and get it published and, and in publishing the book, they will never see it. They don't buy those kinds of books. And

Mark Certo 10:13

that book was published like, almost 20 years ago now have you since come out with *FAR Journeys*, and you're working on your latest, the ultimate journey with all the explorations that you've done over the past 20 years, what's the most insightful knowledge that you've gained as a result of the experiences that you've had that's benefited you in your own personal journey,

Bob Monroe 10:31

the things that have come up as a result of there were a series of changes that took place. And I've gone through as we all do, but my, because I'm an engineering type, my analytical left brain, it purportedly gets in the way and that's a lot of metaphysical people think that's terrible that you, you're supposed to let your left brain Get aside and live all of this with your right brain, not so unequivocally. The any progress that I have made has been a result of letting letting my left brain get into the act. It's trying to wallow around in some nice, excited state of consciousness, always this one vote and we know the stuff and nothing happens. But if you let your left brain get a fingernail in there and says, What's going on here. So it begins to get into the act and analyze it and access it. And that's when you

as our total self really get hooked. Because your left brain gets excited about the curiosity, picking it up and reducing it to some type of reality that the left brain didn't understand. Anything I've done has been the product of my left brain getting into the eye. So what

Mark Certo 11:51

you're saying is that you've used your analytical mind to kind of help you integrate these experiences. That is absolutely correct.

Bob Monroe 11:57

And what as you know, in our gateway program, we insist that people, first of all, get and set aside all of their analytical part for the moment because exactly what we're doing is creating a surrogate left brain for the moment, let the individual get into these states of consciousness. Once they've gotten into it, we encourage the surrogate left brain to drop away and to let the individuals the participants own left brain get into the act. And the moment that happens, then they integrate and become a coherent person.

Mark Certo 12:37

And that's the whole reason for you to even have a left brain. Okay, well, how did you use your left brain to help you make sense of concepts like no time, for instance, many of your out of body experiences that you've had have taken place in the past and future? How do you make sense of that, when you're living in linear time

Bob Monroe 12:54

I do I make these statements in gateway and that is that this whole physical universe is a hologram. All time space is a hologram, there is an inherent energy field, but in the end it permeates all time space, but is not of time space. This is a created hologram. But if you think of that, we have my huge piece of bait for the analytical types and does encourage a left brain to take a look. And that is that we what we again have been doing is in our latest approach, and I use this and ultimate journey is that what we are doing is developing phase states and phase states mean that we are consciousness, our mind consciousness is focused as we are right now. We hope totally within time space. And there's a we have a focusing device called a physical body, and we perceive time space through that physical body. And also we express in time space, through that physical body. It's a focusing mechanism. And within that time, space, physical body focusing mechanism is what I like to call a discriminator circuit that holds off all of the other spectrum of consciousness. And that spectrum is virtually endless, so that it doesn't interfere with the creation and growth of a new human mind.

Mark Certo 14:43

And this phasing of mind consciousness allows you to move through the whole

Bob Monroe 14:47

if you begin to think of consciousness as the in this heavily focused area. moves into various states These relationships, so that it is not always totally focused in time space. For example, if you have an inattention so that you're not intent, you become slightly out of phase. And then as you can see, you can begin to observe that daydreaming is another part. And it's all uncontrolled is the point, okay? As you're leaving, so let's say an inattention, you're 5% out of phase and 90%, phased in time space, if

you keep that concept moving outward, in various percentiles of more you there than here, or most of you here and a part of you there, you begin to get a beautiful concept or understanding about the way human relationships, mind body work, and how the human mind works thinking of consciousness as a spectrum that moves on and on, and you are just penetrating other parts of that consciousness spectrum with the human mind. So you get into meditative states, for example, which are one of the very few types of, of phase relationships, that is controlled people control and get into a controlled meditative state, very rare, and but you get beyond that, and you get something else uncontrolled, and you got psychotic states, where a person perceives this other reality, and perceives this reality, and they can't identify which is which. And so, and not being either trained or aware, or objective about it, they begin to as we call it, lose it one way or another. Schizophrenia can fall very neatly into that paranoia, again, where they see people in woods, watching them and these kinds of things, which, to them, that person is very much there, that that other state is there. But they try to mix the two in that respect, and they cannot do it. Okay, so you have these psychotic states. And so if you go beyond that, and keep drifting into these various things, we discover, for example, that we are like a loose cannon floating along and we eventually drift into a thing we call sleep. Well, beyond that, of course, in between as a where are all the various uncontrolled states, you get in through the use of alcohol, drugs, or whatever. That's another part of that scattered phase relationship uncontrolled. So you're here now, and you are experiencing another failed state exciting about it, of course, is that it is a derivation. But it's uncontrolled, you can't turn it on, you can't turn it off, and you don't understand it, to the degree that it is, then come sleep. And culturally, where sleep is a place where a place where we quote, lose consciousness, well, we lose this consciousness, but we pick up consciousness there, I think we are into another phase state, and our consciousness moves down the spectrum into another part of it. Now, that's part of course we've been doing with Gateway is hell helping people learn how to willfully control moving into these other states of consciousness. And, for example, focused in is deep into stage one sleep, even idea. Focused well, which is expanded awareness is deep into space to perhaps more into Phase Three depends on the individual, move it more deeply, and you get into our famous focus 21, which is right on the edge and perhaps in Stage Four sleep. And beyond that, A is heavy Delta. See, we've had enough data through the years accumulated. And it is funny how you put these things off to avoid reaching conclusions. But the identification of the life signs of an individual in an out of body state in our lab is near identical to those of delta sleep. And that's but the key thing is everybody does this during sleep during delta sleep, they just don't remember.

Mark Certo 19:24

Stay tuned the gateway radio program we'll be back in just a moment.

Speaker 1 19:33

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20:22

The last real frontier is in space, it's the world beyond death. Today a new generation of explorers is mapping this unknown territory and are now sharing their discoveries with the world. Bruce Moen is one of these explorers in his book *Voyages into the Unknown* and describes the technology and techniques behind this amazing new inward journey beyond death. He relates his personal experiences that opened doors of awareness and includes guidelines for your own afterlife contact. Travel with Bruce Baron over the horizon of everyday life, into the land beyond death, a land we are all headed for a land he shows us that we need not fear. This is Frank DeMarco, Chairman of Hampton Roads publishing company, five wages into the unknown from your local bookstore, or directly from us at 1-800-766-8009. And ask for a free catalog. Visit our website www.hrpub.com Hampton Roads publishing company books for the evolving human spirit.

Mark Certo 21:22

We now return to a special anniversary interview with Robert Monroe. Okay, well, I want to move back to your statement about this being a created, quote unquote, a hologram that has a huge implication, well,

Bob Monroe 21:34

let's put it this way. Again, this is anything that I may relate as being knowledgeable to me is only I can only unless you have done the same thing can only be a belief as far as you're concerned. And I'm much into the process of saying convert unknowns into knowns. And if you can convert a belief into unknown he can only you're the only one who can do this. You can read about something, you can hear about something, you can even see a demonstration of something. But until you experience it yourself, objectively, you don't know it. And bear in mind. The other part is that the all of the restraints involved in this. The biggest one is that fear barrier. And the fear barrier prevents you because you have this heavy survival imprint that's necessary to live here physically. And that survival imprint says, oh, anything over there. That's bad stuff. That's death, and we don't want to die, or in anything that's separate and apart from this physical body. That's terrible. And your scientist goes along with that, because he says, Well, there's nothing after death. And there's a very simple reason why he says we can't measure it. The physical body has no life signs, there's no electrochemical activity. There's no motor activity, there's no brainwave patterns, death is death. There's nothing, we can't measure nothing. So there's nothing there. Of course, one of the things that I went into all this preamble for the simple reason that you don't have to believe me, but the tools that we attempt to provide it will let you know these things and let it let you know the very answer to the question. You're talking about a creator and created my engineering system of me my system, in alternately looks at nature. And it says in nature, that a tree, a leaf, for example, on a tree is a beautiful engineering design. It's flexible, it's got ribs in it, so it gets back to the form so we can produce and do the things it's supposed to do. And you can't help but look at the design of that and say that's evolution. It just can't happen. But the other part of it is that if you think of that greedy process and another way, then you begin to understand it better. If you look at all the myriad of patterns that are of engineering, a creative engineering, you can't help but admire and I didn't say worship, I said admire the tremendous Greenie process, put that together and you now you really understand it and it fits all legally the origin of species and everything like that, out of time. A create or doing this on an ongoing basis. And I say on an ongoing basis. A million years is just a twitch of a toll for as it were symbolically for a creator. So a billions of years. don't mean anything,

because that's not time is not relative to that. And when you put in get out of that time concept, it all makes very nice sense. And if you think of it, from that point of view that a Creator set up an energy forum to do this. And the best way I can tell you to say is that I creative process force mind, that was in his having a wonderful time doing that you understand, you think of it that way. I don't use the word play. But it's almost to that it's a creativity process that is, is very enjoyable to the Creator, can you see how that would be shown you

Mark Certo 25:50

make it sound like God is playing an evolutionary game.

Bob Monroe 25:54

Now, let me give you the one that's so much fun. And you can begin to see. So if you were a creator, and you wanted to put a new type of process, at work in this earth life system that you created, what you would do is say, well, we got to make all these all these other animals around and they were doing fine. But we want to put another type of process at work. So what we would do, if you are a creator, you don't want to make it easy. You don't want to make it. For example, a Panther has a magnificent by a nice four legged, do anything, everything else. So you have to make it hard for that new mind consciousness to survive. If it's easy to survive, there's no challenge. So in other words, that new mind consciousness has to get smarts in order to in order to survive. Why so what do you do if you're the creator of oh, we don't want to make it easy, because make that force the mind to work. So the this creative process creator, whatever says, Well, what I will do is, let's take a body that says, first of all, I will put any fur on it. So that means it has to hustle around to keep from getting sunburned, or stay warm, and not freeze to death. So that'll put him to work. So then, as an extra, so the next thing is, well, let's not make it too easy to for him to eat, so we won't put any things in his mouth, we'll take the fangs out. So he has to do some other neat way and said, anything that he can bite and tear, he can't do that. He's got to think of another way. And no claws. No, we only claws are so weak, you can't cry, climb trees and stuff, and so on like that, and also rip the guts out of his perspective, making this really difficult. All these things were taken away. And most importantly, a body that's clumsy that to move around two legged bodies is doing it the hard way. It's always basically unstable, and the joints are all stiff and don't aren't flexible in the spine is is rigid by comparison to all these other vertebrates around here. All these things make it hard to survive. Why do that? The reason is, is to get this mind at work to think to be and to create. Interesting,

Mark Certo 28:19

oh, yeah, you sound like you have an idea that seems to reconcile the differences between Darwinism and creationism in your books you mentioned a guy a guidance that helps you in your OB experiences, you call it an inspect this inspect, helped you go back to your place of origin, home, as you called, it would like to talk about that experience.

Bob Monroe 28:39

Originally, when this whole out of body activity started. My idea was that I could use this and I thinking and very in a very noble way that I could somehow mean do this and perform and work in this to the service of humankind. Because I could see the roiling mass around me, just as it is today. And I thought there's some way that that can be helped. And that's that usual noble, virtuous approach. And then

some years afterward holding to that, and having met people who had the same approach in non physical people I ran into and met and got to know a friend who was non physical, and we were discussing goals. And he said, Well, perhaps our goals are different. And I said, I don't see how they could be. And he was rather enigmatic about it. And he said, Well, what is your goal? And I explained this whole thing about the goal of helping humankind and he figures mentally nodded his head and said, well, there are other goals, and that yours is very noble, but there are other goals. And that started me thinking, I said, What are the goals, my possible goals. And then I remembered, I remembered going home, and the and the very patterns of color and clouds and music that I described. And as I thought of that, as I, that's what I would like to do. Knowing that this is this mass of contradictory humankind was here, what I was really interested in, is really taking this experience and going home with it. And this became a very, very noble goal, having been there only twice. And this was years later. But that seemed like everybody wants to go home, it's a nostalgic feeling we all have going home. And that became a prime target, I thought, Oh, that's my thing, to gather all this experience information out of this learning system, your honor, and take it home and help, quote, change home or do something at home, help where I came from. And that was a goal for a number of years. Very great goal, then, so some years later, I asked this non physical friend of mine, and this is where probably all the majority picks up. That intern, I thought it'd be nice because I was so indebted or imbued with the idea of going home, a little visit again, wouldn't hurt. And when I said was sure I wouldn't hurt anything, I don't think. So. He taught me a technique to go, it was called a quick switch method, which is a way that we're in turn, you take a part of you and you stretch it out to their like a long rubber band. And then in turn, you're let go of this, and you're there. Well, anyway, so that got me home. And in getting home. There were the things that I exactly thought I remembered the beautiful swirling rainbow, huge clouds, the music was there, everything that I just laid back. I just loved it. And while I didn't think it's wonderful. And then as they did that, I'm there. And think how wonderful this is to be home. Then, in a moment, after a moment, and a moment, what is a moment, zero timing, that little finger got in there. And that little finger says something wrong. And it did got me on alert, what's wrong. And I listened and watched and so on. And I watched the clouds. And they're the this figure went by it went like this here. And then a number of others came by. And then suddenly, that same cloud structure came back again, like they went by. And I watched it happen two or three times as Oh, no. It's a continuous pattern. So I turned into what I thought was music. And then he was a music, for example, like that odd. And then a bunch of other music and then after pseudo type died on IID are exactly the same in exactly the same harmony. And I said, Oh, then is great realization was that I in turn, good. I was in the position that something was terribly wrong. And while I was wrong, I realized that I couldn't go home. Because I couldn't fit in the glove at home anymore. You

Mark Certo 33:47
can't go back home.

Bob Monroe 33:48

I just simply couldn't fit. Because I had changed so much that going home, I was something I couldn't do. I couldn't be it was impossible. And so what I had to I had to do then was come to the great, great realization. And that's why I left home. Why do you think I left home? Because I was bored. And I wanted some action. I get bored. And that's why I left so

Mark Certo 34:19

home seems kind of boring in its perfection. You mean? That's right. So you left the perfection and opted for the chaos. And the fifth

Bob Monroe 34:26

is there's you can take any various types of parallels to it. But that's exactly it. But I suffered a very great depression as a result of having that option cut away from me. And then of course, the new option came up and that was having met this being that I called him inspect and intelligence species type as they call it. And being introduced in part two, what I thought was the way to his state of being that's what I make My goal then to become an inspector, and truly an intelligent species. And that went on for a long, long time. And then after that, that after maybe 100 meetings and associations with this inspect in our meeting point out beyond the the interferences of human thought as a word. Then that thing happened that was so significant. I had a meeting with him, and he said, Well, Robert, this, this is our last meeting. When I mean a nice as in state of shock, what did I do something wrong? He said, No, you didn't do anything wrong. It's just the fact that you're moving in another direction. And you being these meetings are no longer serve that purpose. I said, but but but he says, that's the way it is. There are some things that you have to understand, and the owner and you're moving in that direction of the other form of understanding. And so we cannot meet again. And I said, Will we ever meet again, he says, Yes, but in another form. And I said, but but and he winked out just like that, and I never saw him again. So that was another shock. And the result of that is very graphically demonstrated in all of my journey,

Mark Certo 36:30

the gateway radio program will return after these messages.

Mark Certo 36:39

In the age of information, it's becoming increasingly more important to bring ourselves into a state of balance and integration. Anything. Academy audio guidance system developed by the Monroe Institute gently facilitates the optimal brainwave states for learning and relaxation so needed in today's fast paced client, backed by over 30 years of research in the area of human consciousness. Hemi sync technology can provide the answer to all of your daily stress and help improve your overall performance levels. To find out why so many 1000s of people rely on this marvelous technology, access our website at MonroeInstitute.org or call one 805 4124 at that address again, MonroeInstitute.org or call 1-800-541-2488.

37:36

Hi, this is Frank DeMarco, Chairman of Hampton Roads publishing company. Since 1989, Hampton Roads has been publishing titles on a variety of cutting edge topics. Visionary fiction, uplifts the spirit and promotes metaphysical understanding. Alternative Medicine promotes gentler, more effective tools for wellness and metaphysics gives insights into out of body experiences past lives prophecy and Toltec shamanism. Hampton Roads gives you the books, but won't find anywhere else. Visit our website, www.dothrpub.com. That's www.hrpub.com or call one 807 66809 for a free catalog 1-800-766-8009 Hampton Roads publishing company books for the evolving human spirit.

Mark Certo 38:33

And now an interview with Robert Monroe.

Mark Certo 38:41

Okay, then, from your experiences in the shifts in your own spiritual goals, if we're not here to help improve the condition of mankind or to go back home, why are we here? Is it all to become intelligent spirits or inspectors? Why do we incarnate from your perspective?

Bob Monroe 38:57

Why are we here? Well, the fundamental pattern you have to understand first of all, there are as you know, I've described it a number of ways that that brought us here in the sense that made us come and be human. And one of the one of the ones is curiosity, of course. And then another is the fact that you perceive this writhing mass of disorganized thought, and you want to be a missionary and change it all. And there's all these various reasons that but the key reason that brings most of us in is that we feel that if we can go through this experience. This is what we want. Why? Because we had encountered a graduate of this school of experience. In other words, a person who had gotten through being human and accumulated all the human values. You see there's this is me, experience instead, and we're so deeply involved in it. We don't understand these writers, we don't even see them. But they're there. And what are we talking about? Well, first and foremost is very simple to do. Acquire and grow, and analytical intellect, a left brain is or that's one of the most valuable, if not the most valuable thing that we acquire, I can't tell you how exquisitely important in Vail field it is, in these other energy systems, a lot of time space, take the next thing. We so casually learn to manipulate energy, we don't even think about it, I moved my arm, I talk and using what appears to be mechanical energy, but there's an awful lot of different types of energy related to it. And I do it very easily, very naturally, in manipulating energy. Would you know that that experience is simple thing of my waving my hand, has tremendous value in the knowledge and ability to control other energies and other energy systems. It's no simpler than say, well, instead of a hand, you have something else, but you've learned the process and iteration of energy. And the third thing is that you get into this accumulation of all types of emotional knowledge. And you bring that in, you follow and accumulate these, the only problem happens is it so obvious, is that we get lured in for one reason, or the end that saying, Oh, I would go through this process 1000 Or 100,000 times in order to be like that graduate that you need. But the problem is that we in rushing in to do this, we say, Oh, I'll take a quick taste of it, and then I'm gone. It doesn't work that way, I guess what happens is that we think we have enough energy to achieve escape velocity and go go on as it were not. So when we get in to a physical earth life, we pick up a load factor. And these are emotions. And these are other types of things. And also, we are there's a lot of friction, and that reduces our speed. So unknowingly when we leave this, for the first physical life soldiered, we don't have enough energy velocity to achieve escape velocity. So we begin to curve we begin to fall into an orbit. And that no one there's no law that says you do this, no law, no car, there is no nothing other than you who make this decision. And what you do is it's done this way. And it's rationalizes, oh, I got to go back because I had only two children, and I wanted four. So you go back and recycle again into another life, because you didn't get done what you wanted to do. And you come back up here and you're still aware, when you exit, physical like, you are still aware in those early parts of where you came from, or what you are, but each has that orbit decays and it gets less and less, you get less out of that energy field and into this big powerful human energy stuff. And each time you come up, you think of a reason

to go live again. There's not a law of karma that I can find. It's my addiction. So we keep recycling, Recycling Recycling, do you know in and so I talked about in in the how on all is in the elementary unit? How many lifetimes that I know and I believe this is knowing that I've lived somewhere in excess of 2000

Mark Certo 43:49

Well, being that time isn't a factor in the hologram. Have you ever explored any future lives?

Bob Monroe 43:55

For some reason? I'm not sure is that only there's there's a limit to that future life and I think I know why. You know why? Because of the fact that this I have composed these 1000s of life experience slash personalities of which I am but one so you can think that if you think of it another way when I exit here and and move totally into that yet of me that I there. I'm just out all I am is telling about the latest dream my head. It's a cosmic cocktail party and it's no more valuable. But you see, that's that's an overview which I talked about a different overview that approaches that and I know the reason for the termination of any future life experiences because I am all of this island so multiple, and a cluster of others around me. We week after we go and that's why there are no more lives. We take off willfully deliberately and we have all these options that will we can do and I don't know which option is going to be yet and one of the options is to go back to the Creator

Mark Certo 45:17

will return to an interview with Robert Monroe these messages

45:42

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46:09

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Speaker 1 46:23

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Mark Certo 47:04

We now continue with our interview with Robert Monroe.

Mark Certo 47:15

Okay, Bob, we're gonna throw you a curve here a real tough question, a tough one migration. Where does the concept of unconditional love fit into your understanding of how the universe works?
Unconditional love

Bob Monroe 47:27

that. If I can, if I can be tremendously honest about it, I'd have to get a bag clean with my concept of what unconditional love is where no reward whatsoever is expected from it. Love is, is a thing that you can't manufacture. It is a it is a it is a band of energy out of this other field, here's human consciousness. And over here is a motion on one side strangely enough on on the other side of that spectrum, is what I perceive as love. Love to me is is how to put it is the Creator. You follow what I mean? And that's our interpretation of it in the creating process, and that is still ongoing because the energy form is still there. And that's what you perceive. And you can't hold it, you pass it through it, it's not something that you hold on to you, it goes from you to another and you improve it as it goes to follow. Namely, the significant part is that that love form is exactly what the greedy process is. The creator of it, or the forces is doing this, and performing it and that's so hard to describe because it's not the way we understand love, but unconditional love is this whole creative process that produced this system this this physical universe in which we live and us in this earth life history. In turn, was is done out of what we perceive as love it is a loving energy. In other words, it's it's it's not physical, but it is a pattern that we get into a simply because it is something we understand with this other part. And as I was talking about this, this It allowed me the areas. And I was making this as an illustration of the great paradox involved here and put it in an answer simply so that you have it is that there is a flick of the original self in each of us. And that flick that part of our original self is is that love energy is the generating creative force. And there is that in all of us.

Mark Certo 50:37

Okay, well, we've covered a lot of bases here today. And I know that we can go on forever. But I have to ask you this question. If you were to go back to one of your original goals of helping mankind with all the information that you've amassed throughout all of your experiences, do you have the most important statement or lesson that you would impart? Oh, my

Bob Monroe 50:58

Yes, one of the things that we must begin to consider is that anything we human bought, or conceived our pattern emerging, is what might be construed as local traffic. I like to put the other parent live, once you get out on the interstate, as it were, you can see the difference. And I don't put any exceptions because we I'm talking about not, I'm talking about the vast majority of humankind, there are exceptions all over the place, of course. But fundamentally, what we believe to be important is basically local traffic, God, what we look upon as, as being beyond the physical life is so exquisitely limited, it's frightening to me, that it's so broadly misunderstood. Put it this way, you know, of course, we have a method by which you get rid of your fear, and you realize that you're more than your physical body that has great implications right away, because it means you're not dependent upon time space input, in order to think and be, the next step beyond that, of course, is that you learn that, if you don't need the body to think and be, then you survive physical death, I have a thing even beyond that, that is so profound, and you can begin to see how important it is that a physical body can go back to dust, and not be you, but the you that survives, that never was physical in the first place, that you is

indestructible. And if you can know that, these two things one, you are free of the loss of being potential if you die physically. And if you add to that, the knowledge that you are indestructible in his other form, you get stomped on anything the rate out of use purportedly you will be right out of existence, whatever you can think of, can't happen, nothing, you that you is indestructible, it's not eternal, it's infinite, if you can understand the difference, because it's not time dependent. And that knowledge brought back into this time space. For me, to me tremendously happy and tremendously productive people because they can enjoy so much more what they're doing here, and they don't have it reset by fears all along the way. Because they say no, I die physically. So why and even that doesn't make any difference. I'm free. It's a freedom, great, great freedom. And then the so the question automatically coming up after that is so you die then what and we have all these visions of going and lying on a cloud playing a harp or going to the golden dates or, or all these these patterns that we imagined and they're all attached to physical type of thought or relationships and time space, which is more to the point the options after one completes or terminates or leaves this present physical soldier and life into your living now, you do have the option of recycling again and again and again and again. But that's all your option no one else is but most importantly, is the other options. Then you literally changes your perspective on the human thing entirely.

Mark Certo 54:54

Okay, I'm gonna get into a territory that I know you won't like. There's some people who would like to call you a liar. agenda. I don't feel like a legend. I just feel like I know what your feelings are. But you have given a lot of opportunity to many people through your well

Bob Monroe 55:06

I give one final push, and I can't help it. Because of the way you've been saying these things. I like to be a friend, but not a leader, if you can think of it that way, and why it's a very basic thing. I don't want that kind of authority, because I don't want that much responsibility. And those two go hand in hand as an answer didn't roll with me a cause and effect. And if I'm going to be telling people how to do A, B and live, no, sir, I don't want that responsibility. Let them go and make their own decisions. And no one has the ability to make decisions about anyone else. The key is you, you know more about making decisions than any one else in this earth pattern. Because you know you better than you and you won't admit to what you are to anyone else. So you know you so the decisions that must be Yours must be yours. And I don't want to make decisions for other people. Amen.

Mark Certo 56:08

Amen. And with that, I'm going to end this conversation and good. And thank you, Robert Monroe, for being everything that you were to all of us here at TMI. Be sure to tune in next week when my guest will be the founder of the Institute of Noetic Sciences former Apollo 14 astronaut Dr. Edgar Mitchell will be discussing some of the fascinating concepts of new physics from his book The Way of the Explorer. Until then, this is Mark Soto wishing you peace on your personal journey, ignite

Speaker 1 56:37

the certainty Tune in next week to the Gateway radio program and become informed on the latest information on the fascinating field of consciousness exploration and its practical applications. The opinions and the views of the guests are presented to inform you on various phenomena in our world

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